



CARRYING THE MESSAGE

December 2007

Volume 4, Issue 12

Anyone interested in receiving the
LOUISVILLE AREA NARCOTICS ANONYMOUS NEWSLETTER
Via email please send request to newsletter@NALouisville.org

AREA NEWS

**Louisville Area NA
Helpline 502-499-4423**

—Open Service Positions—

ASC: RCMA, P&P Chair,
Literature Chair

Newsletter Subcommittee:
Chair, Secretary, Vice Chair.

H&I Subcommittee:
Panel Leaders, Co-Panel Leaders,
Silent Panel Members, and
Speakers

Needs Support: Starting Over,
group meets at the VA Hospital on
Zorn Avenue on the 7th floor,
Saturdays from 10:00am to 11:00
am - Open discussion. They are in
need of members with clean time.

New Meeting: Hope Not Dope.
Meeting @ 7:30 every Thurs. Lo-
cated at 545 Floyd St. Corydon, IN.
Call (502)424-6570

**DoYou WantToLiveorDoYOU-
WantToDie:** Meeting Starting
Sept. 11th, 7- 8 p.m.

'Correction' New Meeting: At the
Trinity house 1000 E 11th St.,
in Jeffersonville, IN. It will be
Thursday nights 7:30pm – 9pm.

**The Louisville Area NA Helpline
(P.I.) subcommittee is changing
locations.** New address is Harvey
Brown Presbyterian Church 311
Browns Lane Room 221.

Meeting Change: Another Chance
Group has moved to 544 Main St.,
Shelbyville, KY. The building is
directly across the street from the
Sixth and Main Coffeehouse. Park-
ing is available either on Main St.
or on Sixth St.

**The Area Activities Subcommit-
tee is in need of your support.**
3rd Sat./ month at the Nia Center
2900 W. Broadway.
Meeting Change: 'Cool Changes'
meeting format will be Speaker,
Literature study, & OD.

This Month's Topic is: "Service"

True selfless service comes from releasing any
expectations we may have.

Accepting everything that arises both the positive
and the negative.

The ABC's of Recovery Remember your ABC's

- A. Attitude of Gratitude
- B. Be as enthusiastic about your recovery as you were
About using
- C. Change is a process, not an event
- D. Don't quit 5 minutes before the miracle happens
- E. Easy does it
- F. Fear is absence of faith
- G. God's Will, not mine, be done
- H. Honesty, Open-mindedness, and Willingness
- I. Insanity is doing the same thing and expecting differ-
ent results
- J. Just for Today
- K. Keep Coming Back
- L. Live the N.A. Program on a daily basis
- M. More will be revealed
- N. N. A. can survive without us, but we cannot survive
without N.A.
- O. One day at a time
- P. Pass the message, not the disease
- Q. Quitting is easy; it's staying stopped that's hard
- R. Resentments reserve a place in our recovery for re-
lapse
- S. Sponsors: have one – use one – be one
- T. Today is all you have
- U. Use the Steps, the elevator is broken
- V. Value spiritual principles such as surrender, humility,
and service
- W. We have a disease: progressive, incurable and fatal
- X. Examine our actions, our reactions, and our motives
- Y. You're right where you're supposed to be
- Z. Zero in on the winners and stick with them.

12 Steps I Took

I took one step, began to moan,
I can't do this on my own.

I took two steps, began to pray,
Restore me God, today.

I took three steps, gave up my will
Maybe God loves me
still.

I took a fourth, I looked inside
Nothing more would I hide.

And on the fifth, I said aloud
I've done some wrong, and I'm not proud.

I took six steps, and got prepared
To lose the defects, I was scared.
Now I'm at seven, take them away
God for this I pray.

And on eight, the list was long
Amends to make for all the wrong.

I took nine steps, put down my pride.
Forgiveness asked, I will not hide.
Ten steps I take each day I pray
Make amends along the way
And on eleven I prayed to know
Each day His Will, which way to go.
I took twelve steps, I'm like a bird
To others now, I spread the word...

~ Unknown

GRATITUDE OF AN ADDICT

Another twenty-four hours clean, a weekend in fact.
It's now been 52 days and i keep coming back.
I truly feel good, a self-satisfaction that's spiritual.
There's a God in my life and He's performing small
miracles.

It's something I found, but nothing I've lost.
I found willingness and strength, the power to stop at
all cost.

I'll go to any length to stay clean just for today.
I finally ask God, I hit my knees and I pray.

My lord, my creator, please relieve this obsession
from me.

Its amazing that it works, and just for today, I'm clean
and happy.
Mike O.

member of the NA fellowship &
Caring Thru Sharing Home Group
10/22/07

In the spirit of having fun in recovery , I had the
thought that it could be fun to see who can come up
with the funniest , " You might be an addict " jokes. I
hope they are received in fun and no one takes it too
seriously... So here's a few to start with , please send
yours to the newsletter. We can always use your sup-
port and submissions. God Bless, Cheryl R

If even your DOG hides his valuables from you
You might be an addict

If your pharmacist doesn't even ask your NAME
anymore... You might be an addict.

If when you go to visit your parents they ask , "What
do YOU want ?" You might be a drug addict.

If even Grandma bought a safe to hide her stuff in
when you come around... You might be an addict.

And my last feeble attempt at humor ...

If the rehab place named an entire WING after you
You might be an addict.

MANY THANKS

I would like to thank all of you who participated in
my birthday celebration.

I appreciate all of your support through meetings and
all the many needed hugs.

Monfrida D.

A TWELFTH STEP PRAYER

Continued on page 2 Column 2

Carrying The Message

Continued from page 1 Column 2

Based on the Interview of Andre Q. By Kevin P. The 12th Step

- Kevin:** How many times have you formally written on a twelfth step?
- Andre:** Twice.
- Kevin:** Which part of the 12th step, the "carrying of the message" or the "living these principles in all my affairs", is most dominant in your recovery?
- Andre:** I'd have to say right now I do more carrying the message than anything else.
- Kevin:** In what ways do you live the 12th step?
- Andre:** I go to the jail regularly and I do a counseling group.
- Kevin:** What other ways are there?
- Andre:** Just letting people know what the program has to offer, letting them know that whatever they go through they don't have to use anymore.
- Kevin:** About the spiritual awakening-do you feel like you have a new one every time you work a 12th step...or maybe a different one?
- Andre:** I guess I can say I've grown spiritually. The first time I felt renewed. It was about not having to feel the shame and guilt. The second time around its more about being able to watch other people grow. That's a spiritual awakening in itself.
- Kevin:** What do you have for the newcomer?
- Andre:** The main thing is hope. That's always been my thing. Letting them know that one day at a time they can recover and knowing that things are never as bad as they seem.
- Kevin:** Thank you for being of service.

"Twelfth step. Having had a spiritual awakening, we tried to carry this message to addicts, and practice these principles in all our affairs. And uh, the bottom line of that is live this way. You want to be an NA member?.... Do it right! You want to follow a spiritual path? Commit yourself with abandon. It's the only way it works. This is not a half - ass program. Having had a spiritual awakening, a rebirth, enlightenment. And I believe in Narcotics Anonymous, this twelve step path we're on, is just as sure a road to enlightenment as any philosophy or religion. And does not exclude any philosophy or religion. But, having had that awakening, You know it's kinda like when someone turns on your light, let it shine babe! Don't cover it up! When you get enlightened, when you have that spiritual awakening, don't hide it! Let it shine forth! And share with others so it can grow! So it can be nurtured. So it can shine even brighter! Carry this message to addicts. What's the message? The message is hope. The message is spirituality. The message is all these things. And practice these principles in all our affairs. Um, that's a big part of the message- live this way. You know, I can say all kinds of stuff about the steps. I've learned a lot about the steps and traditions and Narcotics Anonymous in twenty-eight years. But the message I show you through the way I live is the real one. Kinda like don't tell me how good you're doing show by the way you live. How am I living? How is my life today? How's my program today?"

Greg P.----April 17, 1999

This is an excerpt from the last time Greg P., one of the NA predecessors, shared before his death on April 29, 1999.

All the Good I Can
Dear God, guide me to
Do all the good I can
By all means I can
In all ways I can
In all places I can
To all people I can
As long as I can.

Anonymous

"Helping others is perhaps the highest aspiration of the human heart and something we have been entrusted with as a result of a Higher Power working in our lives. We would do we to remember to ask the God of our understanding to continue working through us in our efforts to carry the message."

IT WORKS HOW AND WHY, pg. 121

Working the Twelfth Step certainly brings into focus the responsibility that we accepted by applying the steps of the program to our lives. It is a responsibility for which I am very grateful. To be able to carry the message of our program and to live that message is one of my greatest joys. And I can do that in countless ways and through all aspects of service from making coffee to being an active member of any area service committee, to answering the call of another addict to buying a friend a cup of coffee and talking about how we are going to stay clean no matter what just for today. Today I have had a spiritual awakening as a result of working these steps. I have a better perspective on my life, an understanding of my place in this world, centered in God as I understand him, living in his will to the best of my ability and carrying and sharing the message of Narcotics Anonymous. Today is all I have, may I use it to the best of my ability.

Frazier M.

Letting Go of Worry

What if we knew for certain that everything we're worried about today will work out fine?
What if . . . we had a guarantee that the problem bothering us would be worked out in the most perfect way, and at the best possible time?
Furthermore, what if we knew that three years from now we'd be grateful for that problem, and its solution?
What if . . . we knew that even our worst fear would work out for the best?
What if . . . we had a guarantee that everything that's happening, and has happened, in our life was meant to be, planned just for us, and in our best interest?
What if . . . we had a guarantee that the people we love are experiencing exactly what they need in order to become who they're intended to become?
Further, what if we had a guarantee that others can be responsible for themselves, and we don't have to control or take responsibility for them?
What if . . . we knew the future was going to be good, and we would have an abundance of resources and guidance to handle whatever comes our way?
What if . . . we knew everything was okay, and we didn't have to worry about a thing? What would we do then?
We'd be free to let go and enjoy life.

Anonymous

L.A.S.C.N.A

Louisville Area Service Committee
of Narcotics Anonymous

-Area Service Committee Meeting
1st Sunday of Every Month, 3:00pm
Bardstown Rd. Presbyterian
Church
1722 Bardstown Rd.

-Activities
3rd Sat./ month @ the Nia Center
2900 W. Broadway

-Helpline & Public Information
3rd Friday of Every Month, 6:30pm
Harvey Brown Presbyterian
311 Browns Lane Room 221
Contact Helpline:
helpline@NALouisville.org

-Hospitals & Institutions
3rd Wednesday of every Month,
6:30pm Green St. Baptist Church
519 E. Gray St.

-Literature Distribution
Call the Helpline for Information

-Newsletter
1st & 3rd Saturday of Every Month
2:00pm
Token III Club, back room
4014 Dutchman's Ln.
(where AGAPE meets)
Contact Newsletter:
newsletter@NALouisville.org

-Policies & Procedures
2nd Saturday of the month
10:00 a.m.
Perkfection Coffee Shop, 359
Spring St. Jeffersonville, IN
Contact: Nancy S. 502-439-2655

Narcotics Anonymous isn't affiliated
with any outside agency or facility
that may host N.A. meetings.

These Groups are in need of your support.

Blind Faith: Wed. 7:30pm

Never Alone: Thurs. 8:00p.m.

Restored to Sanity: Mon. 12:00pm
2600 Virginia Avenue

Saturday Nite Live: Sat. 7:30pm

Starting Over: Sat. 10am

Come out and help spread the message of NA.

NA Conventions and Functions

December 28th – Jan. 1st
Hilton KCI
Kansas City, MO

Freedom to Change New Year's Convention VIII: Hotel
Reservations 816-891-8900; Event info: www.ftckc.com

December 31st
1722 Bardstown Rd.
(Where Area Meets)

**L.A.N.A Activities Subcommittee presents: New Years
Marathon Meeting—**9.p.m. until -? Meetings, fun, & fellow-
ship.

January 3rd – 6th
Hyatt Regency O'Hare
Rosemont

Chicagoland Regional Convention XX: Hotel reservations:
847-696-1234; Event Info: www.chicagoland.org

January 18th – 20th, 08'
Location: T.B.A

“— L.A.C.N.A XVIII —”
Pre-Registration Cost \$15 until June 30th, \$20 7/1 – 11/30, \$25
after Dec. 1st; Deadline to submit speaker tapes is May 12th;
Pre-Registration form available at
["http://www.nalouisville.org/pdf/lacnaxviii prereg.pdf"](http://www.nalouisville.org/pdf/lacnaxviii prereg.pdf)

H & I

Will bring a meeting to YOU! If you're in a hospital or
shut in and can't get to one.

Contact:

Cordelia B. 889-8119

Or Lara B. 235-5573

LACNA XVIII Positions and sub-committee meeting info.

Chair-----Bobby E. (502)387-9065

Vice Chair-----Latonia B. (502)819-1630

Secretary-----Kat S. (502)797-7867

Treasure-----Angie B. (502)681-7178

Hotel and Hospitality

For More information call [Larry B. \(502\)648-5759](mailto:Larry B. (502)648-5759)

Meeting is 1st Monday of each month, 5:30 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd.

Function and Fundraisers

For More information call [Mike S. \(502\)439-1962](mailto:Mike S. (502)439-1962)

Meeting is every Saturday, 12:00 p.m. @ Old Louisville Coffee Shop, 1489 S. 4th Street

Registration

For More information call [Nelle B. \(502\)819-9244](mailto:Nelle B. (502)819-9244)

Meeting is 1st Monday of each month, 5:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd.

Serenity Team

For More information call Vicky C.: 533-4952

Serenity Team is in need of trusted servants! 4th Saturday of each month 2:00 p.m. @ Expression of You Coffee House, 1800 West Muhammad Ali Blvd.

Programming

For More information call [Kevin S. \(502\)693-8678](mailto:Kevin S. (502)693-8678)

Meeting is every other Monday, 6:00 p.m. @ St. Vincent de Paul Administration Bldg. 1015-c S. Preston Street

Art, Graphics, and Merchandising

For More information call [Annisha H. \(502\)235-5065](mailto:Annisha H. (502)235-5065)

Submit the best theme and logo for LACNA 18 (see area news) or blessed01@insightbb.com
Meeting is 3rd Saturday of each month, 4:30 p.m. @ Old Louisville Coffee Shop, 1489 S. 4th Street

CARRYING THE MESSAGE

LOUISVILLE AREA NEWSLETTER SUBCOMMITTEE

CONTACT US:

IN PERSON/BY PHONE

Jack B. 502-231-6468
Mike C. 502-772-3336
Nathaniel R. 502-296-4974
Kevin P. 502-356-8130
Cheryl R. 502-744-3715
Frazier M. 502-797-3036

NA NEWSLETTER SUBCOMMITTEE

MEETINGS

NEED YOUR HELP!!
1st and 3rd Saturdays 2pm
Token III Club (Backroom)
4014 Dutchman's Lane

EMAIL

newsletter@NALouisville.org

ASC MEETING

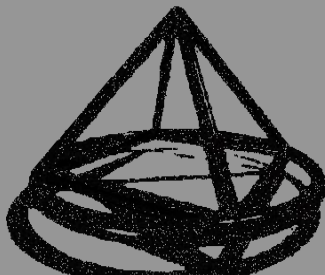
The First Sunday of Every Month
At 3pm
1722 Bardstown Road

We're on the Web!

See us at www.nalouisville.org

Download Your Favorite Issues

Just Click on 'newsletter'



Louisville Area NA
Helpline
502-499-4423

THIS IS YOUR NEWSLETTER!

YOUR SUBMISSIONS MAKE IT HAPPEN!

◆ JANUARY'S TOPIC OF THE MONTH ◆

"The Spirit of Unity"

Had fun at a Convention, a Function, or enjoyed something else about Recovery?
Write in and Tell Us About It!

When submitting, please remember space is limited and should be sent in by **Dec. 28th**.
You can email submissions to newsletter@NALouisville.org or call and we will make arrangements to pick it up. Any addict with a day clean and some willingness can contribute!

CLEANIVERSARIES

If you would like your Cleaniversary listed here: Contact us by phone - Contact us by email - Submit by GSR at ASC Meeting - Submit by home group report at ASC: We list this month's Cleaniversaries as well as the last 15 days of the previous month and the first 15 days of the next month.

We apologize for any Cleaniversary that we forget, or misprint!

Melvin G.	November 16 th	15 Years	Out of Control
Ron R.	November 20 th	1 Year	We Too Recover
Anthony W.	November 21 st	5 Years	Unity of Hope
Carolyn W.	November 21 st	2 Years	A Vision of Hope
Lisa E.	November 21 st	4 Years	Take it Easy
Lionel T.	November 26 th	8 Years	Against All Odds
Sharon C.	November 28 th	13 Years	Unity of Hope
Carolyn P.	November 30 th	4 Years	Out of Control
Donald M.	November 30 th	6 Years	Old School Recovery
Tonia P.	November 30 th	5 Years	The Stopping Point
Cliff S.	December 2 nd	6 Years	Miracle On 22 nd St.
Cordellia B.	December 5 th	6 Years	Unity of Hope
Lee P.	December 7 th	5 Years	The Stopping Point
Candice B.	December 10 th	4 Years	Against All Odds
Nigel H.	December 10 th	8 Years	Step Up Group
Shawn	December 13 th	4 Years	Enough is Enough
Mechelle T.	December 14 th	7 Years	The Stopping Point
Brett M.	December 16 th	1 Year	Sunday Survivors
Freda	December 16 th	5 Years	Walking & Talking Recovery
Darren L.	December 17 th	10 Years	Against All Odds
Daniel W.	December 20 th	1 Year	Day By Day
Mark K.	December 20 th	3 Years	Enough is Enough
Audrey L.	December 22 nd	11 Years	Just Us
Melissa R.	December 22 nd	3 Years	How It Works (CL)
David D.	December 23 rd	13 Years	Walking & Talking Recovery
Tommy U.	December 24 th	2 Years	Why Are We Here
Kin G.	December 27 th	1 Year	Cool Changes
Maggie B.	December 29 th	20 Years	Just Us
Maurice	December 30 th	2 Years	The Stopping Point
Scotty H.	January 1 st	4 Years	Sweet Surrender
Stephanie B.	January 5 th	19 Years	Just Us
Donald W.	January 6 th	1 Year	
Kat S.	January 8 th	6 Years	
Brenda E.	January 26 th	20 Years	